



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Urbanneck, Oliver

Club: N3 Sportverein

Number: 1340

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:13

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 396 (of 618)

Rank in course/Men: 354 (of 500)

Best time in course: 31:03

Rank in category: 73(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:10	5:34	84	4:25	413	5:07	2.00	11:10	5:34	66	2:42	309	2:40
Runde	2.00	10:02	5:00	70	3:07	324	3:56	4.00	21:12	5:17	87	4:03	407	8:54
Runde	2.00	10:11	5:05	67	3:06	310	3:57	6.00	31:23	5:13	87	5:31	242	12:51
Runde	2.00	10:29	5:14	73	3:22	338	4:13	8.00	41:52	5:14	87	7:13	404	17:04
Leichtathletikhalle	2.00	10:21	5:10	76	3:33	345	4:10	10.00	52:13	5:13	73	17:32	355	25:45